



Nubian Message

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WOMEN'S CENTER RAISES MONEY WITH CHOCOLATE FESTIVAL

DAISY BUITRAGO
Staff writer

Attention all chocolate fiends, were you in attendance at the Chocolate Festival? If you weren't, you surely did miss out on one of the sweetest deals. On Wednesday, October 13th, from 2:00 to 5:30 p.m., the Chocolate Festival took place in the Witherspoon Multipurpose Room. This event served as a fundraiser for the N.C. State Women's Center and the Susan G. Komen Foundation. Student tickets were sold at four dollars a piece, and each ticket entitled a student to choose six chocolate samples from any table a student desired. Many students were seen stocking up on samples, such as Chelsea Ngongang. As she wrapped up her plate of chocolate, the sophomore in chemistry explained, "I had to go ahead and stock up for later, everything looked so good." More than 30 vendors contributed items to the festival such as Godiva, Krispy Kreme, Food Lion, and Applebee's. There were even brownies and chocolate cakes baked and donated by some of N.C. State's very own employees. Another interesting table at the Chocolate Festival included Gansito brand snack cakes which were obviously geared towards any Latinos present.

Godiva's table was exquisite which is expected since their name has come to be associated with words such as "refined" and "superior." Candies wrapped in gold foil, with dark chocolate also available, had



A table of chocolates at Chocolate Festival.
Daisy Buitrago

many gazing longingly. However, one table managed to take the spotlight from Godiva, at least for a brief moment. Over close to the Godiva table, one could view a life sized Hershey Kiss cutting cake for eager faces. Wait, that's just Michelle Guobadia dressed in a silver Hershey Kiss costume! Guobadia, a graduate student concentrating in Higher Education Administration, said, "This is the first time we've had this event and it's been successful from the looks of it. I wouldn't dress like this for nothing, this is all definitely for a good cause."

Even for the students that could not dish out the 4 dollars for a ticket, most tables had

little chocolate candies for free and there was complimentary water and coffee available as well. Chocolate shirts and breast cancer pins

were also sold at a separate table for people who wanted to further more support the cause. A silent auction took place on the podium, with many other vendors

contributing items to this separately.

Information on breast cancer health was made available in the form of a poster board visual and various pamphlets for attendees to take. Since breast cancer is the most common form of cancer for women to develop, this event made sure to have a wealth of information for all parties interested.

It was amazing to note the turn out for this event, because one could only hope to have such a diverse crowd. There were ladies and

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STUDENTS WATCH THIRD DEBATE

SHAUN WILSON
Staff writer

The third and final debate, which took place on Wednesday, Oct. 13 at 9 p.m., proved, for some, to be the most pivotal and comical of all of the debates. Senator John Kerry asked for trust and the chance to lead the country. President Bush asked Americans not to get flu shots.

The Society of African American Culture (SAAC) invited students to watch the debate in the Merrymonk room of North Hall. Students of all classifications were in attendance to watch and hear the candidates' views on issues that affect them.

Many students, like Kandace Howey, believe the debate was much important because the two previous debates didn't encompass a broad range of top-

ics.

"I thought that the debate was not only a great one, but a much needed one. I'm glad to see the candidates addressing the issues that affect America other than terrorism, which can be very redundant."

Other students, like Brian Hammonds, viewed the debate as validation for their presidential choice.

"I feel like Senator Kerry presented a more well rounded debate than Bush. I felt that Bush danced around the issues too much.... It strengthened my resolve in Kerry."

Some of the topics discussed were affirmative action, the flu vaccine shortage and increasing health care costs.

Kerry focused on flaws in the Bush administration. He further commented that Bush constantly mislead America with respect to the war and his work, while Bush paid more attention to Kerry's

lack of presidential experience.

The first question asked by Bob Schieffer, moderator of the debate, was about the security of the country. According to Bush, safety can be increased by the same tactics that have already been used to fight terrorists.

"We can be safe and secure, if we stay on the offense against the terrorists and if we spread freedom and liberty around the world."

The topic of affirmative action caused the greatest response in the crowd Wednesday night. Many seemed to be pleased by Kerry's remarks.

"I think that we have a long way to go, regrettably. If you look at what's happened Nwe've made progress, I want to say that at the same time."

On the other hand, Bush evaded the question and focused on Pell grants and small business

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Ballots may not reach troops

MAUREEN BACKMAN

The Daily Cardinal (U. Wisconsin)

(U-WIRE) MADISON, Wis. -- Delays in absentee ballot printing in Wisconsin may mean soldiers serving in Iraq will not receive their ballots in time, according to The Capital Times.

Republican Party officials blame this possibility on the Democrats, who challenged Ralph Nader's inclusion on the state ballot, thus delaying printing.

Election officials, however, blame the delay on the wait for the state Supreme Court decision that upheld Nader's inclusion.

"A couple of days can make a big difference," Linda Hansen, who has a son serving in Iraq, told The Capital Times during a press conference. "And sometimes they're out on missions. The mail might be there, but they might not."

Chris Zulager, whose husband is fighting in Iraq, agreed, adding her husband told her recently in an e-mail that the troops were disappointed they had not received their ballots.

Lt. Col. Tim Donovan, director of public affairs for the Wisconsin National Guard, said he did not know of any difficulties with absentee ballots.

"We are not aware of any problems," he told The Capital Times. "We provided information to all of our deployed commanders from the Army and Air National Guard that they could use to help their troops participate. And we are facilitating the acquisition of absentee ballots using e-mail."

Troops have received guidelines stating they can e-mail a request for an absentee ballot, but it would have to be printed, mailed and received by a municipal clerk by Nov. 2. The guidelines state it could take up to 18 days for mail to travel between the United States and troops in Iraq.

Kevin Kennedy, state elections director, said there are other options available for troops should the absentee ballots not arrive on time. He said write-in blank ballots have been available since Aug. 4, and added troops can request to have a ballot mailed or faxed. Kennedy added counties print out the ballots, and all but one county that had printer delays have sent out the absentee ballots.

Additionally, Dane County Clerk Joe Parisi said all military write-in ballots were sent out on time.

PUBLIC SERVICE ANNOUNCEMENT: EARLY VOTING

-Ervin Johnson, Political Affairs Chair of SAAC

Vote Early the Last Week of October!

Early voting at the Board of Elections: Thursday October 14 through Saturday October 30. Weekdays 8:30 to 5:30.

Three weekend days October 23, 24, and 30 from 11:00 A.M. to 4:00 P.M.

Vote any day at any Wake location: Saturday October 23 through Saturday October 30.

Early Voting Locations: Any voter registered in Wake County can vote at any Wake County location.

Board of Election Times: Saturdays and Sunday: 11 to 4, Monday through Friday 8:30 to 5

All Other Location Times: Saturdays and Sunday: 11 to 4, Monday through Friday: 11 to 7

Apex Community Center, 53 Hunter Street

Cary: Herbert C. Young Community Center, 101 Wilkinson Ave.

Garner Town Hall Complex, Building B, 900 Seventh Ave.

Knightdale Town Hall, 950 Steeple Square Court

Raleigh:

Mary E. Phillips High School, 1923 Milburnie Road

Millbrook Exchange Park, 1905 Spring Forest Road

Northwest Services & Police Substation, 8016 Glenwood Ave.

Pullen Arts Center, 105 Pullen Road

Wake County Board of Elections, 337 S. Salisbury Street

Wake County Library Administration Building, 4020 Cary Drive

Wake Technical Community College, Student Services Building, 9101 Fayetteville Road

Wake Forest Town Hall, 401 Elm Ave.

Wendell Community Center, 601 W. Third Street

General Election: Tuesday, November 2nd at your usual voting place.

How Can You Help?

Make sure your voter registration is current. Check www.wakegov.com/elections or call 856-6240.

Plan now to vote early. Pick a date, time, and place and put it on your calendar today.

Don't risk missing a chance to vote. Vote early!

STUDENTS

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loans.

"We ought to have an aggressive effort to make sure people are educated, to make sure when they get out of high school there's Pell Grants available for them, which is what we've done. We've expanded Pell Grants by a million students."

At the end of the debate, Schieffer asked about the influence of women in the candidates' lives. Both agreed that the women close to them helped shape who they are today.

"My mom passed away a couple years ago... she looked at me from her hospital bed and she just looked at me and she said, 'Remember: integrity, integrity, integrity,'" says Kerry, as he remembered the last words of his mother.

According to current polls on gallup.com, Senator Kerry is leading with 49 percent of likely voters favor compared to Bush's 48 percent.

WOMEN'S

CONTINUED FROM PAGE 1

gentlemen, students and faculty, and people of all races present. Even though it can be assumed that some people were there just for chocolate, most people avidly supported the cause for breast cancer awareness, proudly wearing pink ribbons.

EVENTS

-BLACK FINESSE AND COMMERICAL BREAK WILL BE HAVING THE FUSION: "WHERE FASHION MEETS HIP HOP" ON MON, OCT 25, 2004 AT 8 PM AT STEWART THEATER IN TALLEY STUDENT CENTER.

DOORS OPEN @ 7:30 AND TICKETS ARE AVAILABLE AT TICKET CENTRAL \$5.00 IN ADVANCE \$7.00 AT THE DOOR

JESUS WEEK : October 22nd-30th
Schedule:

Friday 22nd: Cypher Sound and Skate Night at Skate Ranch; location, Multipurpose Room in Witherspoon, time: 7:30-9:30pm; skating at 11pm
Skate Night at Skate Ranch will be \$8 per person

-The Cypha Sound is an event in which people come together in a positive environment and express their talents in the arts such as spoken word, poetry, dance, and rap glorifying God or just expressing themselves without profanity and other negativity.

Saturday, 23rd: Game NightTime 9:30pm-midnight Location North Hall Merrymonk

-Game Night is going to be a night of monopoly, twister, spades, Madden Tournaments, food, and fun all night

Sunday, 24th: combined worship services. Will encourage campus to come to either SAA-PAMS or Grace Worship services (or) we will just have 1 huge service. Witherspoon-We will come together and worship during church service on this day

Monday, 25th: cookout; location Harris field. Tentative time: 5:30pm-7pm
-We will cooperatively come together and serve food for people who come out

Tuesday, 26th: Panel.. Time 7:30pm, location Witherspoon Cinema
-We will discuss topics such as what does God want from us when we date and what is a man or woman of God? -Pastor Keith Battle speaking on dating and relationships and discuss the film afterwards

Wednesday, 27th: prayer table on the brickyard Location for Praise and Worship Talley Student Center Ballroom
Thursday, 28th: a huge Bible Study.

Friday, 29th: Play at Stewart Theater. 7:30pm

Saturday, 30th: Play at Stewart. 7:30pm
These plays involve the struggles of a Christian college student. Issues such as rape, sexual immortality struggles, faking salvation, etc

TO GET YOUR EVENTS ANNOUNCED
CONTACT THE EDITOR-IN-CHIEF AT

EVENTS@NUBIAN.SMA.NCSU.EDU
OR CALL 515-1468

NOTE: THE OPINIONS OF WRITERS IN THIS SECTION DO NOT REPRESENT THE VIEWS OF THE NUBIAN MESSAGE

Taking it back to Church

KEITRIS WEATHERSBE
Opinions Editor

children, African

With Jesus Week just around the corner, I am reminded of how influential the church can be in the community. It can revive a community and set us back to where we should be. There was once a time--and some of you older than me can probably relate--when the church was a major aspect of our community. Our children were raised by it, because our faith was solely placed in it. Back in the day--way back--the phrase "it takes a village to raise a child" was relevant, and our community put it into practice. Now it seems as if the only people we want raising or "laying a hand" on our children is us. If I talked to my parents, grandparents, aunts and uncles, they would probably tell me that in "their time," most of the disciplinary action came from those individuals in the community. Specifically the elders of the church. They took it upon themselves to assist any family in raising a child. Especially when the parents themselves could not. Not to say that we do not have good parents. But when all else fails, the church is, in my belief, suppose to step in and assist in raising our children. Too many of our children are left parentless, and for what? Our churches, being the foundation of the African American community, hold the responsibility of supporting us when we are in need, whether it is emotionally or financially. With the church by our side, no child should be left behind, and no family should have to stand alone.

According to facsnet.org, the church "often serves as a focal point in local communities for social, cultural and political influence, as well as a touchstone for connecting people to the notion of community." At times like these, when

American children especially, face peer pressure, personal and social issues, they need comfort and support. When support fails to be present in the home, that is when the church is needed, more so then ever. Much appreciation and love goes out to those churches that are doing their part in our community, but not all churches are doing what they should. I can only go by the churches I have seen, to know that there is something missing from the equation. Our children, in my generation especially, are suffering; from lack of love, drug abuse, teen pregnancy, to abandonment and the often-time inability to succeed.

The church is not the only factor in this issue. It first starts with the family, the home. Families are what make up the church, and it is in the family's power to ensure that our children are getting exactly what they need. Education, food, clothing, shelter, emotional support, and the list goes on. My overall point is that when the family fails or needs assistance, the African American church is the push and pull we need in our community. Many of us look to the church for prayer and many other things. So just imagine if the church abandoned us. Think of where our children would be. The African American church is so influential. If it wasn't I wouldn't at all suggest that they aid us in raising our children. It is my hope that we will go back to the time where the community and the church stood together. We are on that path, but there is indeed much work to be done.



United Student Fellowship (men)
file photo

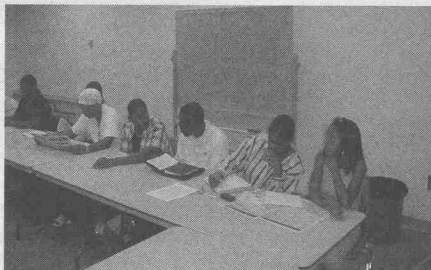


United Student Fellowship (women)
file photo

ARE YOU HIRELINGS OR SHEPHERDS

FRED HATCHETT
Columnist

Hirelings work for the money. Their leadership sees no responsibility beyond a paycheck. They see no responsibility or concern beyond their own personal beliefs or political correctness. Instead of doing what's right and best, they will follow the popular opinion or societal norm of the day. Many of the sheep are no less guilty of wrongdoing. Being boisterous and loud, the master of ceremonies had to yell above the crowd two or three times to start the program. By the way, where were the rest of you all, the other 95.4 percent? Don't complain about anything. If you don't want to be involved, have some dignity and at least tell the black leadership why and go on about your business. The no-shows will be a subject of my next article. Please don't get defensive just yet.



AASAC representatives discuss issues at meeting.
File Photo

and names of buildings to take us seriously? How can we justify more money for the African American Culture Center, when the most highly attended events are Greek parties in the Talley Student Center?

My expectations based on my observations render me to conclude this: that this campus still has the same mentality of "I'm my brother's keeper, as long as we get along, and don't rock the boat." Well, it's time that boat be sunk in the waters of give me, lend me, borrow and how much can you spare. We need to get an attitude of hard work, common sense and a desire of self-sufficiency. Forget that 40 acres and a mule pipe dream. Go out and get your own, and say that it starts right here, right now at NCSU.

Another major issue of contention I have, as a black Christian with very conservative views, are the choices black people make. I heard the discussion about

I attended the AASAC Town Hall meeting out of curiosity. Why? This is the second time I have attended such a meeting in 19 years. I wanted to see what had changed. To my disappointment, not much had changed. But I am an optimistic, show-me person who gives everyone a chance. There was one notable similarity to me between the leadership in 1984-85, and the current leadership of 2004. This is for a future article, so please make a mental sticky, because I will remind you of this statement. There was a sobering revelation by Hamilton Brown concerning the apathetic attitude of the students after hearing the grim statistics of the black graduation rates.

It ended in an all too typical fashion of abruptness. There was no exhortation, comfort or edification given. With embarrassingly low graduation rates of black students, why should we expect those who we lobby for funds

Nubian Message

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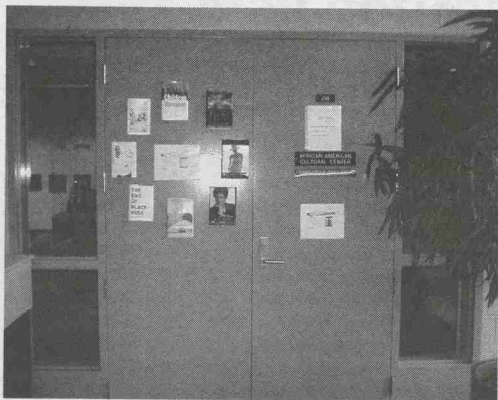
GYE NYAME
"except for God"

A symbol of the supremacy of God. This unique and beautiful symbol is ubiquitous in Ghana. It is by far the most popular for use in decoration, a reflection on the deeply religious character of the Ghanaian people



CONTINUED ON PAGE 4

Welcome to the AACC Library



Cultural Center Library
Robert White

AFRICAN AMERICAN CULTURAL CENTER Press Release

The African American Cultural Center Library opened its doors in 1991 and houses a collection of educational and leisure reading resources by and about African

Americans

The Library supports the Cultural Center's mission of promoting the awareness of and appreciation for the African American experience. The Library also supports African Studies, Women's and Gender Studies, and the MDS Freshman Advancement Seminar.

The AACC library collection currently consists of approximately 5,100 titles, a videocassette collection, journals, periodicals, and newspapers. All materials are cataloged and appear in the NCSU Libraries on-line catalog. The library's computers provide patrons access to the Internet, electronic database, and electronic journals, which provide full text articles for research. Also available to AACC Library users from the NCSU Libraries homepage are: on-line searching of the entire NCSU Libraries collection and on-line access to course reserve materials. Resources not available to the AACC library or the NCSU Libraries can be requested on-line through interlibrary and document delivery services. From the "Ask the Librarian" link, patrons can seek reference assistance from a live librarian on-line or by phone.

African American

The AACC library will feature a book club this year. The AACC Book Club's first selection this year is *Some Things I Never Thought I'd Do* by Pearl Cleage.

Discussion Date: October 27, 2004

Time: 12:00pm- 1:30pm

Place: Room 126 Witherspoon Student Center

Drink and dessert provided. For more information call 919-515-1397.

ARE

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Ludacris. Choosing him was straight up dumb. You all may not want to care about what other people think, but you better consider your ways and use some wisdom. Your choices determine who you are and where you are going. All black people who favored this choice made an egregious error in judgment. If you are a female and favored his coming, you are either ignorant of his lyrics, or you are what he portrays in his lyrics. I know that hurt.

If you throw a rock at a pack of dogs, the one it hits will holler. Anytime black leaders and all that follow make bad decisions, we are all judged as a group. And unfortunately, any Black that holds an opposite position is vilified and character assassinated. Believe me, I know what it's like to cross the burning sands of not playing the race card. Ludacris was no victory for NCSU or the African American community of NCSU. The sentiment at the meeting was that the writers of the Technician disrespected the blacks at NCSU. They did it with the facts, not emotion and thoughtless outbursts. Yet, I know of the Technician's ability to be a cruel and unworthy newspaper while you boys and girls were being potty-trained.

A question arose concerning the issues of abortion, HIV, and black male bisexuality. "The abortion rate among black women is 36 percent or 536,000 per year; the HIV rate among black women is higher than any other demographic at 64 percent. The chief reason for this is due to the black male homosexuals that indulge in heterosexual sex keeping their homosexual lifestyle a secret. What are the leaders in the African American community doing to deal with these moral and life threatening issues?"

For one, neither the audience, nor I got the question answered, as I expected we would not. I got the predictable off-the-wall, emotional outburst by Shonda Tabb, who jumped at the chance to reply. When she stepped up to the plate, I was all ears. That's right everybody, it was my question. The answer to the subject of abortion lacked content, true passion and no concern for the unborn. My question had nothing to do with how many people knew about HIV testing.

Then I got the old liberal spiritual about certain things being none of our business. This is the attitude that is getting us openly and secretly killed by the millions. These are the typical diversionary tactics used by people to skirt the issues. If the leaders of this campus want to sweep these issues under the rug and turn a blind eye to these death traps, then you all are not fit to be a concerned, compassionate and bold black leader or individual. Aside from the few predominantly black churches, none of the major black organizations in the U.S. have the courage to take a stand for the murder and immorality of their own people.

New Books in the African American Cultural Center

(919) 515-1397

Room 218 Witherspoon Student Center

9:00 a.m. - 9:00 p.m. Monday-Thursday
9:00 a.m. - 5:00 p.m. Friday
1:00 p.m. - 5:00 p.m. Sunday

New Books in the AACC

Fiction

Bling.
Drive Me Crazy.
Fannin' the Flames.
One Woman Man.

Erica Kennedy
Eric Jerome Dickey.
Parry Brown
Travis Hunter

Nonfiction

African American Experience in Cyberspace

Gerald McWorter

America Behind the Color Line.

Henry Louis Gates.
Bob Fecho.
J.L. King

Is This English?
On the Down Low.

2004 PRESIDENTIAL DEBATES: DID YOU WATCH? And if you did, What to do Now?

TONY MOSES

Columist

Before we start this article, let us all take a deep breath and relax as we must no longer miss out favorite television shows for the presidential debates. On Wednesday, President George W. Bush and Senator John Kerry met a final time on the campus of Arizona State University, in Tempe. This was one of their last attempts to gain the majority vote of American citizens. After three debates, it is now up to us to decide who we want to lead us for the next four years. Would we like to continue under the disorganized and tyrannical rule of President George Bush, or would we like to give Senator John Kerry a try at running the country?

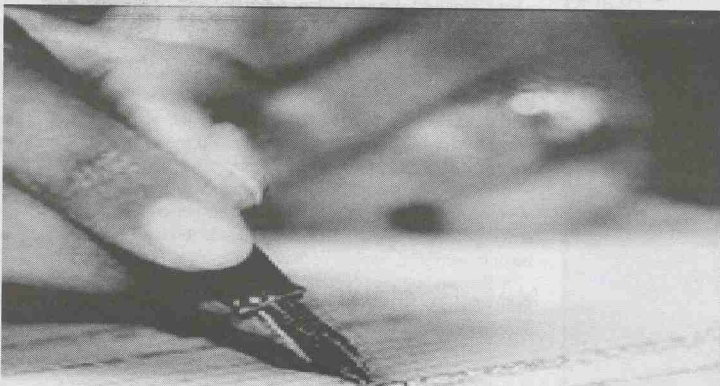
The debates this year were probably one of the most publicized debates of any presidential race ever. Not only was the average adult population culture targeted, but the pop culture of America was also included in this year's debates. The first debate covered topics concerning the war. During this debate, Pres. Bush seemed defeated by many of the comments Sen. Kerry made. However, although it hurts me to admit this, Pres. Bush made good strides to prove that this war is necessary. There was many times when Pres. Bush mentioned that Sen. Kerry does not support the war financially but would still like to have troops stationed in Iraq. Sen. Kerry seemed to have been confused in what he was saying, but he did recover very well by mentioning that Pres. Bush started a war with little or no powerful alliances and that he started a war in

which he knew we would not be able to completely finance. He also mentioned Pres. Bush's successful attempts to capture Saddam Hussein but failed attempts to capture Osama Bin Laden.

The second and third debates focused on domestic issues. Issues ranging from abortion to education were all discussed. Although I personally did not watch the second and third debates, I have heard that Sen. Kerry did a very good job in establishing and executing his points. He seemed to speak with intelligence and was seen taking notes so that he may use the words of Pres. Bush to his advantage. These actions alone stand to represent Sen. Kerry's keen sense of observation and his ability to notice the things around him and how to obtain the most information possible. Pres. Bush on the other hand, was observed drinking many glasses of water and was oftentimes seen to be turning red in nervousness. He repeatedly stumbled over his answers and said "um" a lot; as a matter of fact, during the specified topic of education, Pres. Bush completely started talking about issues not related education. It wasn't until Sen. Kerry had the chance to speak that he was able to get the debate back to the issue at hand. Without knowing exactly what was discussed at the debates, it is clear to see that Sen. Kerry, just in his actions, had more control over the debates and over the audience.

As asked previously, now that the debates are over, what are you to do? Well, the first and most important thing is to be registered to vote. If you already have, that is good. If not, it is too late for you to register for the 2004 election but I still urge you to register. Too many people died in fighting so that you can have this chance to vote and to let your voice be heard. If you can vote for

your favorite video on 106 & Park, then you can vote for the next president of the United States of America. Secondly, I urge you to figure out where you stand on certain issues and find out where those who are running stand. Also, always remember, just because you are affiliated with one party does not necessarily mean you must vote for the representing candidate of that party. You must always vote for the one whom you believe will represent what you stand for and will help to country to prosper as much as possible. Next, you must simply go to the polls and vote. It is a very easy process and usually only takes five minutes. If you are a registered voter but you are not registered in the town you are currently residing in, you must request an absentee ballot. This can be done by calling the Office of Elections in your hometown or by going online and requesting a ballot. I cannot stress enough the importance of voting. The cost for tuition has increased drastically over the last four years. This should infuriate all college students, as the cost of college is not cheap. This right here alone should motivate you to vote, to put someone in office that will alleviate these ever-rising costs. Issues such as gay marriage, abortions, gas prices, civil rights, gender equality and so much more are all issues that should be taken into consideration when voting. If you feel there is no good reason to vote, take the words of hip-hop artist/mogul P. Diddy to heart....VOTE OR DIE!!



**Have Something
to Say About the
Nubian?**

Send your comment to
the Editor-in-Chief at:

eic@nubian.sma.ncsu.edu

New Student Orientation Recruiting Students for 2005 Orientation Counselors

Interested students must have a minimum GPA of 2.5 and should plan to attend an informational session.

Tues. Sept. 21	10:00-10:30am	Poe 209
Weds. Sept. 29	9:30-10:00am	WN 129
Thurs. Oct. 7	11:30am-12:00pm	Poe 532
Mon. Oct. 11	3:30-4:00pm	HA 136
Wed. Oct. 20	2:30-3:00pm	T 126

www.ncsu.edu/orientation

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STUDY SHOWS STUDENTS NEED MORE SLEEP

JENNIFER NEDEAU
U-WIRE (DC BUREAU)

(U-WIRE) WASHINGTON -- The average college student knows what it is like to be tired -- and 63 percent of them don't get enough sleep, according to a study released by the National Sleep Foundation.

However, what most students don't know is that their sleep deprivation could be part of a life-threatening problem called sleep apnea.

"College students are at an increased risk for sleep apnea, only for the reason that they might be chronically sleep deprived," said Dr. Carl Hunt from the National Heart, Lung, and Blood Institute.

The National Institute of Health estimates that between 15 and 18 million Americans have sleep apnea, but over half of them are undiagnosed. Sleep apnea is the second most common sleep disorder after insomnia.

"A main factor (with sleep apnea) has to do with not spending enough time in bed," Hunt said.

Sleep apnea contributes to excessive daytime sleepiness, which can decrease cognitive functioning and impair performance at school or on the job, said Susan Sagusti from the NHLBI in an E-mail. Young adults who sleep poorly or who do not get enough sleep are at risk for problems such as: difficulties with focused attention and memory, depressed moods, problems with peer and adult relationships, as well as injuries and accidents, she said.

"A major reason students do not get enough sleep is for extra study time, but the more sleep you get, the more efficient your study time will be," Hunt said.

NIH suggests that the average young adult needs between 7 and 9 hours of sleep a night.

"We've learned a lot in the past few years about what happens when we do not get sleep, but the reason we need sleep is a part of the natural human process. Sleep is essential to the way the body functions," Hunt said.

And college students agree. Whether it's from working through the night on a term paper or staying out too late with friends, students simply do not get enough of their 'zzz's.

"Sleep as a priority really varies. It depends on how important the test or paper is the next day. Sometimes if I get really tired, I say to myself 'I don't care if I need to do this work, I need sleep and no matter what I do -- it's won't be as productive as it should be,' so I just go to sleep," said Yale University sophomore Samantha Henderson.

Henderson said that while the amount of time she studies per day varies with each workload and her schedule, but she estimates that she spends at least four hours a day doing homework.

"Social activities take up a majority of my afternoon and evening. The time I get to study is at night," Henderson said.

Henderson said that she averages about six hours of sleep a night. She said that she definitely doesn't drink coffee or take caffeine pills to stay up and do work. She said she doesn't think other students use caffeine pills to stay up and study either.

"I wouldn't be surprised if most students drink coffee (to study), but I know most people go out to eat to stay up late," Henderson said.

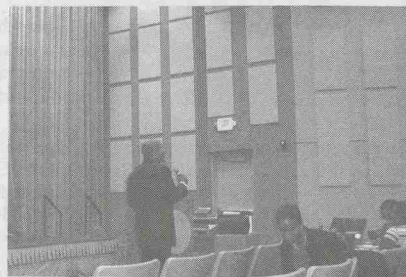
Sleep apnea causes one's breathing to stop or get very shallow while sleeping. Pauses in breathing can last for 10-20 seconds each and occur 20 to 30 times an hour. This occurs because enough air cannot flow into the lungs through the mouth and nose when you try and breathe. When this happens, the amount of oxygen in your blood drops. Normal breathing can start again with a loud snort or cough.

Hunt said that while you may not be able to prevent sleep apnea totally, there are a number of preventable risk factors that can put one at greater risk, such as sleep deprivation, obesity, alcoholic consumption and smoking.

"Some people are destined to have sleep apnea, just because of the anatomy of their upper body," Hunt said.

Henderson said she never really thinks about creating a sleeping disorder by not getting enough sleep in college.

Habits that lead to success



Thomas Barksdale talks about habits for success.
Johnathan Brunson

ASHLEY C. TAYLOR
Staff Writer

On Oct. 12, students gathered at Witherspoon Cinema to watch motivational speaker Thomas Barksdale. This program entitled, "Habits That Lead to Success," was designed to urge students to be more active in leadership responsibilities, goal setting and motivation. Sponsored by the Peer Mentor Association and NC State Multicultural Student Affairs, this event took place at 6:30 p.m., and students of any club could attend.

Barksdale, a graduate from North Carolina A&T, spoke openly about his many experiences in life and college. Due to his immense dedication to young people, Barksdale was able to express his true feelings and thoughts about the everyday struggles that a college student must face, such as sex, grades and partying. "When I was in college, I wasn't thinking about success. I was thinking about women and drinking. That's where I messed up," said Barksdale. Through that one statement, it seemed that Barksdale captivated the audience and he dove deeper into the program.

During the program, Barksdale gave his definition of success and what he thought it meant. Barksdale went so far as to ask the audience what the word success meant to them and what their plans were for the future. Several students found this form of interaction with the audience helpful and insightful. "It was amazing the way he was able to open up to us. Not only did he let us into his life and his struggles, but he also helped others to get in touch with what they thought of themselves and their methods of leadership and motivation. I feel as though I came away with a lot from this program," said Binta Cisse.

Towards the closing of the program, Barksdale gave examples of young people who did not work to their potential and ended up not arriving at their set goals because of outside forces. "People have never become successful because of their friends," said Barksdale.

Before ending the program, Barksdale left some words of encouragement, "Success is already in you. You already have the proper wiring. Success is in you!"

Thomas Barksdale's Goals to Success

1. Must be rooted within you
2. Success is an expectation
3. Is your life what you expected?
4. Don't expect anything from someone that you wouldn't do
5. Keep your mind right; Guard your mind
6. Don't let everybody in your inner circle/world
7. Focus
8. Freedom
9. Spirituality
10. Motivate yourself
11. Bring it out and don't be ashamed
12. Pay attention to the details
13. Find your passion
14. Find someone who's done it and model it
15. Just don't quit
16. Are you willing to start small?
17. Be happy

Portrait of a Man Lost

DAISY BUITRAGO

Staff Writer

I wrote in dedication to someone close to me last school year. This young man that the poem is centered around was very troubled, as most of us are, and seeing him so down all the time made me shed many tears as well. Frustration and despair were upon me too because I had never come across a person that I was not able to help through their troubles in some way. With this man, nothing I did could free him from the pain inside, since he could not fathom happiness in his lifetime. In order to release my emotions, I penned this poem in his memory and if ever should he see it, I should hope that it could provide some peace for his heart or some knowledge for his soul.

He trods his path alone
Because his heart is coated in stone
Only to protect himself from further pain
Since he is no stranger to searing rain.

His cries for help are silenced by pride
He does not wish to appear weak
Making him feel he has everything to hide,
But hiding misery is a self destructing feat.

Not even God walks with him,
Or so he believes,
But his sight is too dim
To realize God cries for him.

Unreleased tears drown this man
Slowly, his soul, his spirit dies
When all he had to was understand
That in her, he had a pair of caring eyes.

She had the power to heal his heart
With her, all miracles were soon due
But he never saw it, not even at the start,
So like all before, he drove her off too.

Once again, he walks alone,
Feeling the earth is to blame
Not recognizing he is grown
He has the power to gain

And if he should not use the power
He must answer to the Lord
When death chooses its hour
For him to speak his final word.

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It is What It Is: the NCSU/UNC rivalry

MARCUS GIBBS
Staff Writer

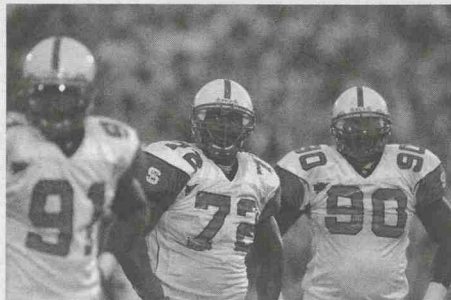
A rivalry is what it is. Tarheel blue and Wolfpack red seem to be two colors at direct opposite ends of the spectrum; at least it is to the fans of these two teams. The game, two weeks ago, lived up to its hype. The contest between the tarheels and the wolfpack went down to the very last play of the game. The loss by the wolfpack on a touchdown called back, only added fuel to the fire between these two teams. The 30-24 loss to UNC was a very pivotal game that dropped N.C. State to a 2-1 conference record and a 3-2 overall record.

Being one of the top ranked defensive teams in the nation, the Wolfpack struggled to maintain the tarheel offense. It's ironic that a defensive goal line stance against the Wolfpack, by the Tarheels would win the game for UNC. Being fair to the Wolfpack, their offense showed some promise for the remainder of the season and has potential to be good. Earlier in the year, the Wolfpack failed to reach 100 yards passing in two games. Now N.C. State's offense shows the ability to come back from behind when they have to. T.A. McClendon ran 121 yards in 19 rushes and one touchdown. The Junior running back is showing consistency in having multiple 100 yard rushing games. Opponents of the Wolfpack make it known that a simple arm tackle cannot keep the running back down. He has proven to come through at play strong when

he is most needed. The Wolfpack record is now 8-1 when McClendon rushes for at least 100 yards. N.C. State quarterback Jay Davis passed for 273 yards as the Wolfpack gained more yards than the tarheels, with 573 to Carolina's 356.

Just a few miles from each other, UNC and N.C. State have a natural rivalry. "This is one of the biggest rivalries in college football," said wolfpack tight end T.J. Williams. The games over the years have shown how much each team wants to show the other, which one is better. This is the reason why so many of the games are very competitive. "That's what rivalries are all about, there's no edge in these games," said coach Amato. Since the 1999 season, N.C. State has won three out of six games. This shows how even these teams have been recently. One team between the two, has to lose. To the fans of these two teams, losing to the other is the worse loss in college sports every year, no matter what sport it is.

This rivalry has created new things in the past that has shaped the two schools and the conference into what is today. It has fueled recruiting wars between



N.C. State's defense at the UNC game.

Taylor Templeton into the ACC. Instant replay is video footage,

used during the game, of a play or a decision by a referee that is questionable to the opposing teams. A few conferences already have instant replay and it doesn't replace a referee in decision making, but it does serve as a helping hand in making a good call on the field. This could help the game a lot, or it could hurt the chances of a team getting away with a questionable call. Who knows what may happen in the future? Maybe one game will come down to the final play once again and an instant replay decision could give the wolfpack a victory over the tarheels. No matter what words Wolfpackers and Tarheels have to say, good or bad, the rivalry, like the drama, continues.

NUBIAN BOOK REVIEW : BAD BOY BRAWLY BROWN

ROBERT WHITE
Editor-In-Chief

In a 1994 interview, President Bill Clinton told the world that one of his favorite authors was Walter Mosley. Mosley went on to receive national claim as one of America's greatest writers. After penning mystery novels such as, "Devil in a Blue Dress" and "A Red Death," Mosley expanded his writing to science fiction, social commentary and drama. In 2003, Mosley returned to mystery with the Easy Rawlins mystery, "Bad Boy Brawly Brown."

The Easy Rawlins mystery series follows the exploits of World War II veteran and Texas transplant Ezekial "Easy" Rawlins. In a world where the police do not help black people, black people in Los Angeles often call on Rawlins to help them solve their problems. Rawlins' services range from finding missing persons to getting people out of life-or-death situations.

In this installment of the series, Rawlins is asked by his old friend John to find his stepson Brawly Brown. Brown is involved with a radical political group called the Urban Revolutionary Party and Rawlins must find him and convince him to leave the organization. When Rawlins begins looking for Brown, trouble ensues.

In true mystery style, Mosley keeps the suspense going throughout the novel. In the novel, the reader is introduced to Brown's web of associates and friends who are heavily involved in an intricate plot

that involves robbery, revolutionaries and real estate. Rawlins is beaten, harassed, arrested and almost killed as he gets closer to solving the mystery surrounding Brown.

The book is very different from its predecessors because Rawlins must solve the crime without the help of his sidekick, the dangerous and homicidal Raymond "Mouse" Alexander. Alexander died in the previous Easy Rawlins story, "A Little Yellow Dog". If every detective has a sidekick, Rawlins' Watson is "Mouse." Mouse provided Rawlins with brute strength in dangerous situations and a reputation all over the criminal world in black Los Angeles that aided Rawlins in doing his detective work.

Raymond Alexander was the most perfect human being a black man could imagine. He was a lover and a killer, and one of the best storytellers you ever heard. He wasn't afraid of white people in general or the police in particular. Mouse still speaks to Rawlins in dream sequences throughout the story. He must rely more on his instincts and his survival skills from WWII and growing up in the ghettos of Houston, Texas.

The story also differs from many of the other mystery novels because there is a strong focus on fatherhood in this book. Rawlins has two adopted children from previous cases. Through solving the mystery around Brawly Brown, Rawlins learns more about how to save his own son from trouble. The Easy Rawlins

character is loosely based on Mosley's father Leroy Mosley.

The two things that will attract the reader most to Mosley's book is Mosley's character development in Easy Rawlins and his ability to capture the setting of 1960s' Los Angeles. Rawlins can easily understand the personalities of the people involved in the case, and makes this remark about Brown's cousin Isolda Moore when he goes over her house to question her.

"She had all the skill and beauty of a woman who hooks up with a big time minister or gangster, the kind of woman who needs a powerful man for her own skills to flower." The narrator relies on intuition to get him through many difficult situations. Rawlins has a large cast of friends (characters who owe him favors for his help in the past) he can rely on when situations become difficult for him to handle.

In the story, Mosley also gives the reader a sense of the changing race relations in the city, and provides the reader with a good mystery novel in "Bad Boy Brawly Brown." The reader sees Rawlins work to save a young man's life without the help of his longtime sidekick. Through the case, Rawlins also learns more about how to raise his own children. He does a great job in setting the scene and providing a strong plot in this novel and reminds his audience with "Bad Boy Brawly Brown", why he is one of the best writers in America. This novel can be purchased in hardcover or paperback.